

A PERFECTLY BALANCED DAY

LEVEL:	B1
TIME:	90 MINS

Activity 1 – Warm-up:

A) **BALANCE** - What crosses your mind? Write down some ideas.

→ *(Students brainstorm and collect their associations)*

→ ...

→ ...

B) What your definition of a **balanced life**?

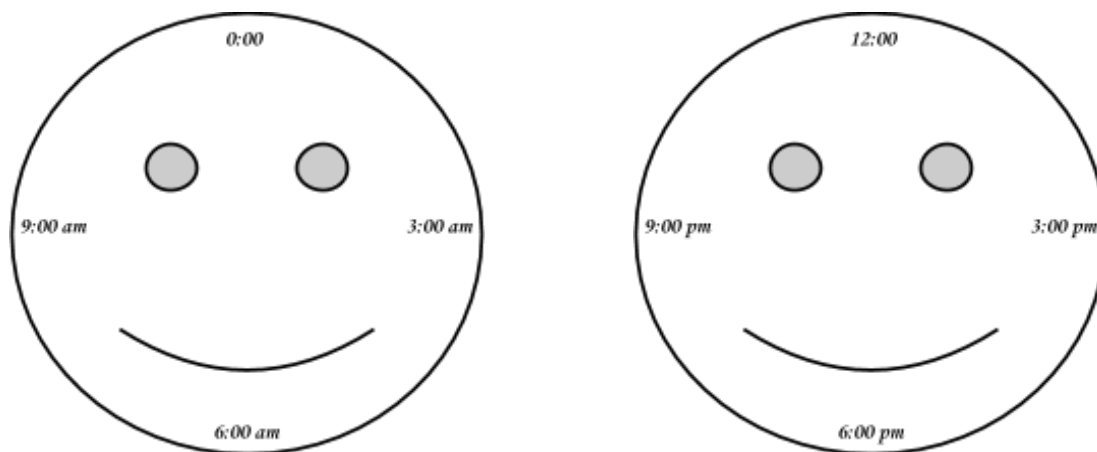
BALANCED LIFE:

C) Do you think you **lead a balanced life**? Why? / Why not?

Activity 2: Imagine your ideal balanced day.

What time does it start? What activities does it involve? How many hours do you work? Etc. Mark the perfect time span for each activity (e.g. 11 pm - 8 am - sleep, 8 - 9 am jogging, shower and breakfast etc.)

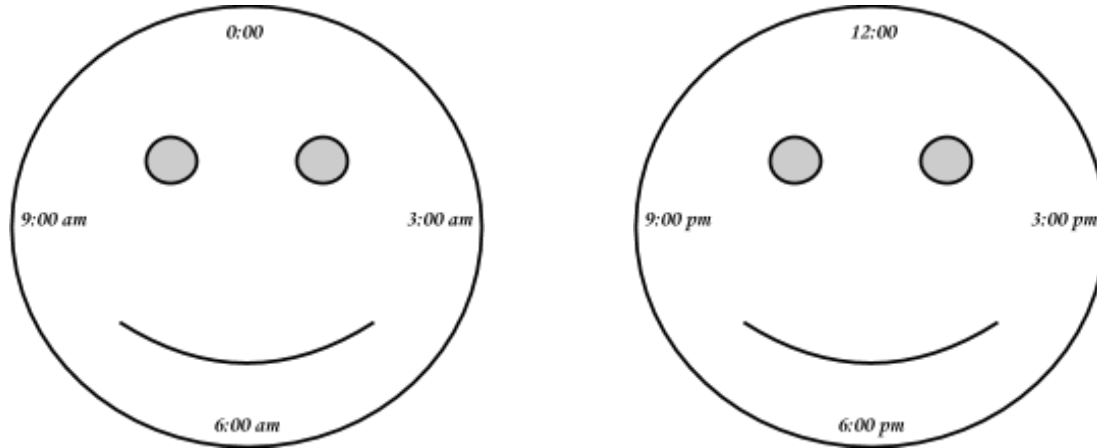
My perfectly balanced day



Activity 3: Interview your partner.

Ask questions to learn 5 facts about his/her ideal balanced day. Mark the times and activities

Your partner's **perfectly balanced day**



Activity 4: Discuss

How are your ordinary days different from your perfectly balanced days?

→ *Students can work with another person and report what they learnt from their interview*

Activity 5: Match the phrases in bold 1-13 with their meanings A-M

Answer key:

- | | |
|--|---|
| 1. daunting - E | A. be used up, be finished - 5 |
| 2. dress- down Fridays - F | B. causing difficulty - 6 |
| 3. it's up to you - D | C. central, key, fundamental - 12 |
| 4. paternity leave - I | D. depend on - 3 |
| 5. the money runs out - A | E. discouraging - 1 |
| 6. to address a thorny issue - B | F. informally - 2 |
| 7. to be a corporate warrior - K | G. intend to do - 8 |
| 8. to be about to do sth - G | H. mentally withdraw from a situation - 4 |
| 9. to get a grip - J | I. permission to be absent |
| 10. to get to the nub of sth - L | J. recover one's self-control - 0 |
| 11. to mask the core issue - C | K. soldier, fighter - 7 |
| 12. to set the boundaries - M | L. the heart of - 10 |
| 13. to step back from the workforce | M. the limit - 12 |

Activity 6: Complete the gaps with the phrases from Activity 5

1. "I had been that classic **a corporate warrior** - I was eating too much, I was drinking too much, I was working too hard and I was neglecting the family."
2. "So I **stepped back** from from the workforce, and I spent a year at home with my wife and four young children."
3. "I decided I would try to address the **thorny issue** of work-life balance."
4. "I found it quite easy to balance work and life when I didn't have any work. Not a very useful skill, especially when the money **runs out**."
5. "[G]oing to work on Friday in jeans and a T-shirt isn't really getting to the **core** of the issue."
6. "We have to be responsible for setting and enforcing the **boundaries** that we want in our life."
7. "There's nothing in my life apart from my work. So I've decided to get a **grip** and sort it out."
8. "I truly understand how that can be **daunting**."

Nigel Marsh, *How to make work-life balance work*, TED

Activity 7: Watch the TED talk.



TED Talk: How to make work-life balance work

Speaker: Nigel Marsh

What are the speaker's observations concerning work-life balance? Number them 1-4 according to the talk.

Observation 4: It's hardly possible to have only ideal days.

Observation 3: Many people don't understand what a balanced life really means

Observation 1: Organizations create only an illusion of balance

Observation 2: You should care about the work-life balance yourself.

Activity 8: Watch the speech again. Write down two pieces of information concerning each fact observed by the speaker.

Observation 1

→ ...

→ ...

Observation 2

→ ...

→ ...

Observation 3

→ ...

→ ...

Observation 4

→ ...

→ ...

Activity 9: Discuss

- A. What's a balanced life really about?
- B. Now, do you think you have a balanced life?
- C. If yes, what small things make it balanced?
- D. If not, what small things do you think you could change or add to your daily routine?

Activity 10: Name **three** things you have learnt today

→ ...

→ ...

→ ...